



LARC Symposium

*Long-Acting, Reversible Contraceptive
Clinical Training*

June 6 & 7, 2016 • Colorado Convention Center



COLORADO
Department of Public
Health & Environment



The Colorado
Department of
Public Health &
Environment welcomes you
to the 2016
LARC Symposium.

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Schedule at a Glance

Time	Event
Monday, June 6, 2016	
8:00 a.m.—9:00 a.m.	Breakfast
9:00 a.m.—10:15 a.m.	Open Plenary Session
10:30 a.m.—2:00 p.m.	<ol style="list-style-type: none">1. Beginning clinical session for LARC insertion2. Intermediate clinical session for LARC insertion3. LARC Administrators session
12:00 p.m.—12:30 p.m.	Boxed Lunch
12:30 p.m.—4:30 p.m.	<ol style="list-style-type: none">1. Beginning clinical session for LARC insertion—device Training.2. Intermediate clinical session for LARC insertion—device Training.3. LARC Administrators session- Billing & Coding
4:30p.m.—5:30 p.m.	Optional office hours: Hands-on clinical training continued.
Tuesday, June 7, 2016	
8:00 a.m.—9:00 a.m.	Breakfast
9:00 a.m.—10:25 a.m.	Expert Provider Panel Discussion
10:30 a.m.—11:45 a.m.	Clinical session for LARC insertion—device training for all levels.
12:00p .m.—1:15 p.m.	LARC Symposium Luncheon
2:00 p.m.—4:00 p.m.	RSVP Required: Nexplanon Training and Certification
2:00 p.m.—4:00 p.m.	Optional office hours: Hands-on clinical training continued.

Detailed Schedule

Monday, June 6, 2016

Time	Event	Room
8:00 –9:00 a.m.	Breakfast	100's Corridor
9:00 –10:15 a.m.	Opening Plenary <ul style="list-style-type: none"> • Dr. Larry Wolk, CDPHE Executive Director and Chief Medical Officer • Rachel Benson Gold, Vice President for Public Policy, Guttmacher Institute • Dr. Stephanie Teal, Professor, Obstetrics and Gynecology, Family Planning University of Colorado. 	108-112
10:30 a.m.–12:00 p.m.	TRACK 1: LARC for Beginners <i>Lead Trainers: Jane Lose and Liz Romer</i> <ul style="list-style-type: none"> • LARC overview, clinical guidelines, counseling techniques, and Q & A. 	108-112
	TRACK 2: LARC for Intermediate <i>Lead Trainer: Brandy Mitchell</i> <ul style="list-style-type: none"> • LARC overview, troubleshooting difficult LARC cases, managing side effects, case studies and Q and A. 	210-212
	TRACK 3: LARC for Administrators <i>Lead Trainer: Amanda Kimber</i> <ul style="list-style-type: none"> • Stocking devices, reimbursement tips and tricks, patient assistant programs, white bagging and payment options 	208
12:00 –12:30 p.m.	Boxed Lunch Break	100's Corridor

The device training tracks are on a tight schedule. Please help us honor these strict timelines so everyone can attend the training session they need.
Thank you.

Monday, June 6, 2016

Time	Event	Room
12:30 –1:30 p.m.	TRACK 1: Liletta® IUS device training for Beginners	108-112
	TRACK 2: ParaGard® IUD device training for Intermediate	210-212
	TRACK 3: LARC for Administrators: Clinic Efficiencies for successful LARC programs with RT Welter & Associates.	208
1:30–2:20 p.m.	TRACK 1: Skyla® IUS & Mirena® IUS device training for Beginners	108-112
	TRACK 2: Liletta device training for Intermediate	210-212
	TRACK 3: LARC for Administrators: Billing and Coding with RT Welter & Associates	208
2:20–2:30 p.m.	Break	100's Corridor
2:00–3:30 p.m.	TRACK 1: Paragard device training for Beginners	108-112
	TRACK 2: Skyla and Mirena device training for Intermediate	210-212
	TRACK 3: LARC for Administrators: Billing and Coding continued with RT Welter & Associates	208
3:30–4:30 p.m.	TRACK 1: Beginning LARC Wrap-Up	108-112
	TRACK 2: Intermediate LARC Wrap-up	210-212
	TRACK 3: LARC for Administrators: Wrap-Up	208
4:45–5:30 p.m.	Optional Office Hours for Clinical training	108-112

Detailed Schedule (continued)

Tuesday, June 7, 2016

Time	Event	Room
8:00 –9:00 a.m.	Breakfast	100's Corridor
9:00 –10:15a.m.	Expert Provider Panel Discussion	108-112
10:30 –11:45 a.m.	Hands On Clinical Training- all devices, all levels	210-212
12:00–1:15 p.m.	LARC Symposium Luncheon <i>RSVP Required</i>	108-112
1:30 –3:00 p.m.	Optional Office Hours: Practice LARC insertion with Pelvic Sim models and other tools	208
2:00 –4:00 p.m.	Nexplanon Training and Certification <i>RSVP Required</i>	210-212

In order to continue the hands-on training component, please ensure you bring your LARC training kits back to the Symposium on Day 2.

General Conference Information

Access Meeting Materials

Slides and handouts from each conference session are available on the CDPHE family planning program website.



www.colorado.gov/cdphe/family-planning

Staying Connected

Wireless internet access is available to all participants. When connecting to the wireless internet:



Select the network: Complimentary WIFI

Connecting does not need a password. Complimentary Wi-Fi does have a 10 minute idle timeout.

Evaluation

At the beginning and end of the conference, we will have a one-page survey for participants. Please help us learn the outcomes of the conference by taking a few minutes to fill it out. Thank you.

Parking

The Colorado Convention Center provides access to 1,000 space onsite covered parking garage. The garage is open 24 hours a day, 7 days a week. Automated pay stations are located throughout the garage and accept cash and most major credit cards.

Parking Rates (for up to):

8 hours: \$12
12 hours: \$15
18 hours: \$17
24 hours: \$25

Additional parking options are available throughout the surrounding area.

General Conference Information

CME Credits

Long-Acting Reversible Contraception (LARC) Symposium
June 6 - 7, 2016

Information for Participants

Learner Objectives

Upon completion of this program, participants should be able to:

- Competently counsel clients for IUD and contraceptive implants
- Insert IUDs and implant contraceptives
- Bill and code for LARC, including complications
- Manage clinic scheduling for LARCs.

CME Credit



This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the Colorado Medical Society and the Colorado Department of Public Health and Environment. The Colorado Medical Society is accredited by the ACCME to provide continuing medical education for physicians.

The Colorado Medical Society designates this live activity for a maximum of 10.00 *AMA PRA Category 1 Credit(s)*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Instructions for Receiving CME Credit

If you wish to receive CME credit you must sign-in at registration, and complete a brief evaluation survey/request for credit, which will be sent to your email address shortly after the symposium. The Colorado Medical Society issues CME certificates by email approximately 3 weeks after the conference. If you have any questions about CME please contact the conference organizer, or the CMS CME office at 720-858-6309 or cme_chair@cms.org.

Summary of Financial Relationships Disclosures for CME

The Accreditation Council for Continuing Medical Education requires that all speakers and others in control of the content of this CME activity report relevant financial relationships with commercial interests that could have a real or potential conflict of interest. The following relationships were reported:

Jane Lose - Merck, provider trainer Nexplanon (unpaid)

Brandy Mitchell - Merck, speaker/trainer Nexplanon; Actavis, speaker/trainer Liletta

Sarah Elizabeth Romer - Merck, trainer Nexplanon

All other speakers or planners in control of the content of this activity have reported no relevant financial relationships with commercial interests.

Speaker Bios (continued)

Karen Artell

Karen Artell, MS, JD, CNM, works at the Colorado Department of Public Health and Environment (CDPHE) as the Nurse Consultant for Colorado's Title X Family Planning Program and has held this position for five years. She assists family planning clinical staff with quality assurance and quality improvement activities and training and information regarding national clinical guidelines and recommendations for clinical care. Work experiences include more than 20 years as a clinician at a local public health agency providing reproductive health care. She worked as a labor and delivery RN prior to returning to school to pursue an advanced degree. She received her MS from the University of Colorado, College of Nursing, Nurse Midwifery Program and her JD from the University of Denver College of Law.

Rachel Benson Gold

Rachel Benson Gold joined the staff of the Guttmacher Institute in 1979 and is currently Vice President for Public Policy. She directs the Institute's public policy efforts with an emphasis on policy analysis and state policy development. She is the author of several reports and articles with a particular focus on the delivery and financing of publicly funded family planning services in the United States. Ms. Gold has served on the Board of Directors of the National Family Planning and Reproductive Health Association and the Southern Regional Project on Infant Mortality and is a Lecturer in Health Policy at the George Washington University School of Public Health and Health Services. Ms. Gold earned a Bachelor of Arts from Wesleyan University and a Master of Public Affairs from the Woodrow Wilson School of Public and International Affairs at Princeton University.

Kathy Brown CNM

Kathy Brown is a Certified Nurse Midwife with a love of Public Health. She has extensive experience in Women's Health, caring for partners and families, and managing the birth process. For the City and County of Broomfield, Kathy runs the Reproductive Health Clinic, the HOPE/Prenatal-Plus Program, and Immunizations. She currently oversees the SIM grant for Boulder/Broomfield addressing behavioral health stigma reduction and linkage to care.

Kathy has expanded the reproductive services in Broomfield to include men's health. She has increased community outreach by partnering with local high schools and other healthcare entities. She received both her Bachelor of Science in Nursing and Masters of Science, Nurse-Midwifery from the University of Colorado.

Rebecca Cohen, MD

Dr. Rebecca Cohen is a 2nd year fellow in Family Planning. She attended the Ohio State University for medical school, completed her internship at Emory University, and her residency at the University of Illinois in Chicago. She is an advocate for all aspects of women's health, and her research interests include adolescent contraceptive choice and patient counseling.

Angela Fellers LeMire, MS, NP-C

Angela Fellers LeMire began her Public Health career in 1998 at Denver Health Medical Center. She received her Master of Science in Nursing and Women's Healthcare Nurse Practitioner degree in 2002 from the University of Colorado. From 2002 to 2013, Angela practiced at Tri-County Health Department in the Title X Family Planning Clinic and at the Denver Metro Health (STD) Clinic (DMHC). At DMHC, she implemented the Colorado Family Planning Initiative LARC Expansion Grant. She has served as a faculty lecturer and preceptor at the Denver Prevention Training Center, co-chair of Colorado Cancer Coalition's Statewide Ovarian Cancer Task Force and as a member of the Statewide Breast Cancer Task Force. Angela is currently the Nurse Consultant for the Women's Wellness Connection at the Colorado Department of Public Health and Environment. Her expertise is focused on improving access to healthcare by reducing barriers to preventive services, including LARC contraceptives and cancer screenings.

Jennifer Heuer

Jennifer L Heuer, CPC, has over 20 years of medical management experience and is the Operations Director at RT Welter and Associate and its sister companies. Understanding what challenges physicians and practices face in this healthcare environment, she is able to assist practices with increasing practice performance and productivity in an effort to help them achieve their highest potential and greatest profitability.



Speaker Bios (continued)

Jennifer Johnson, NP

Jennifer Johnson, NP is a clinical instructor in the department of pediatrics and adolescent medicine at the University of Colorado. Jennifer received a bachelor's degree in sociology from UCLA and a masters of science in nursing from Vanderbilt University, with a specialty in women's health. Jennifer is starting at Vanderbilt University in the fall seeking a post masters in psychiatric mental health nursing. She currently works in the adolescent family planning clinic (Title X) at Children's Hospital of Colorado. It is a Title X family planning clinic, BC4U, well known throughout CO. Jennifer is actively involved in training pediatric residents in adolescent contraception and in training elective residents (from pediatrics, internal medicine and family medicine) and nurse practitioner students in adolescent contraceptive counseling and LARC procedures.

Amanda Kimber

Amanda Kimber is a Director of Health Care Delivery at the National Family Planning & Reproductive Health Association (NFPRHA) in Washington, DC. Amanda's work at NFPRHA supports agencies that provide publicly funded family planning services through identifying and disseminating business best practices. Prior to joining NFPRHA, Amanda worked at Planned Parenthood of the Heartland in Des Moines, Iowa, first as a community organizer and then as a lobbyist and policy analyst. Amanda began her professional career as a legislative aide for Iowa State Senator Amanda Ragan. Amanda holds a Masters of Public Administration from Drake University and received her undergraduate education in Political Science from the University of Iowa. She is also a certified professional medical coder and member of the American Academy of Professional Coders. Amanda resides in Washington, DC.

Jane Lose, CNW, NP

Jane Lose is a Nurse Midwife and Nurse Practitioner, who has been in practice since 2002, when she graduated from Yale University. She has been living in Denver for the past 10 years, and has worked at Metro Community Provider Network (MCPN) for the 8 years, the past 3 as Associate Medical Director of Women's Services.

Brandy Mitchell

Brandy Mitchell is an Adult and Women's Health Nurse Practitioner. She has provided reproductive health care services in a wide variety of clinical settings to males and females across the lifespan. During her career, she has preformed thousands of IUD and implant procedures and is regarded as an expert in contraception. As the Family Planning Clinical Coordinator for Denver Health for 5+ years, Brandy provided classroom and hands-on LARC training to students and licensed providers from across Colorado. She loves to teach and share her knowledge and passion for reproductive health care. Brandy earned her BSN from the University of Iowa, her CNM from University of Washington, Seattle and is currently working on her Doctorate at the University of Colorado.

Molly Richards, MD

Molly Richards, MD is an Assistant Professor of Pediatrics at the University of Colorado School of Medicine. Dr. Richards received her bachelor's degree (Psychology) from University of California, Berkeley and her medical degree at Ben Gurion University. She completed her pediatric residency at Rainbow Babies and Children's Hospital; a Case Western Reserve University affiliated hospital. She then completed her Adolescent Medicine fellowship at the Children's Hospital Colorado. She currently serves as a faculty member in the Section of Adolescent Medicine in the Department of Pediatrics at University of Colorado School of Medicine.

She works in the Adolescent Medicine General Clinic, the Family Planning Specialty Clinic and works in collaboration with the Eating Disorders program at Children's Hospital Colorado. Dr. Richards is the Director of the pediatric residents Adolescent Medicine Clinical Rotation and of the elective rotation for the Title X Family Planning Clinic. Research interests include adolescent males involvement in contraceptive decision making, adolescent contraceptive counseling and LARC initiation and use in adolescents.

Liz Romer, DNP, MS

Liz Romer is an assistant professor in the department of pediatrics, section of Adolescent Medicine, at University of Colorado School of Medicine. She has over 13 years of experience in the field of family planning and Title X administration. She holds a BA in Sociology from Wesleyan University and received her Nursing Doctorate and Masters of Science in Nursing from the University of Colorado. In her current position she is able to pursue her passion for young women's health, while exploring innovative new ways of connecting with adolescents and young adults. Liz is a nurse practitioner who splits her time between patient care and program administration. She directs a team of nurse practitioners in 4 clinic locations in Colorado Springs and the Denver metro area serving over 4000 patients annually. Additionally she recently co-authored an article about Long-Acting Contraceptive Awareness in Adolescents in the Journal of Adolescent Health as well as presented her clinical work on developmental approaches to contraception counseling in adolescent patients at the Society of Family Planning and the National Association of Pediatric and Adolescent Gynecology.



Speaker Bios (continued)

Stephanie Teal, MD, MPH

Dr. Stephanie Teal received her undergraduate degree from Stanford University and her medical degree at the University of California School of Medicine in San Francisco. She completed her internship and residency training in Obstetrics and Gynecology at the University of California, San Diego, and later held a fellowship in Family Planning at New York Presbyterian Hospital (Columbia Campus). She received her Master of Public Health Degree in Epidemiology from Columbia University.

Dr. Teal has received many awards for teaching, mentorship, research, and clinical care. She is most proud of being the recipient of the Faith and Freedom Award from the Religious Coalition for Reproductive Choice, when she was recognized for her work promoting reproductive health for disadvantaged women. As director of the Special Contraception Clinic, she concentrates on safe and effective contraception for women with a variety of medical disorders, from lupus to diabetes and cystic fibrosis.

In addition to her work at University of Colorado OB/GYN & Family Planning, Dr. Teal serves as the Medical Consultant for the Colorado Department of Public Health Family Planning Program, and as Medical Director of the Adolescent Family Planning Clinic at Children's Hospital Colorado. She also teaches women's health to community groups and to professional organizations of physicians, midwives and nurse practitioners.

Amy Weber, NP

Amy Weber, NP, is a clinical instructor in the department of pediatrics and adolescent medicine at the University of Colorado. Amy received a bachelor's degree in Nursing from the University of Wyoming and a Master's degree from the University of Colorado, with a specialty in women's health. She has worked in different Title X family planning clinics for the past 7 years. Amy is currently working in the adolescent family planning clinic (Title X) at Children's Hospital of Colorado. It is a Title X family planning clinic, BC4U, well known throughout CO. She is currently training residents from (pediatricians, internal medicine and family medicine doctors) and nurse practitioner students in adolescent contraceptive counseling and LARC procedures.



R. Todd Welter, MS, CPC

Mr. Welter has over 25 years of managed care and medical business experience. He has been on faculty at Regis University for over 15 years, teaching “Fundamentals of Managed Care.” He is also faculty at the University of Denver and has been teaching “Healthcare Macroeconomics” for over 7 years. Mr. Welter speaks all over the country for many public health and rural health organizations.

Larry Wolk, MD, MSPH

Dr. Larry Wolk is Executive Director and Chief Medical Officer for the Colorado Department of Public Health and Environment. Since joining the department in September 2013, Dr. Wolk’s mission has been to simplify the health system for the citizens of Colorado and to position the department as the leader in providing evidence-based health and environmental information. During his tenure, he has overseen flood recovery, a federal shutdown, and the promulgation of the nation’s first air quality rules specific to methane reduction for oil and gas operations. His new frontier is addressing the myriad issues surrounding medical and retail marijuana.

Before coming to the department, Dr. Wolk served as Chief Executive Officer of CORHIO, Colorado’s nonprofit health information exchange. He was an executive with Correctional Healthcare Companies, Blue Cross/Blue Shield of Colorado, Prudential Healthcare of Colorado, and CIGNA Healthcare. In 1996, Dr. Wolk founded the Rocky Mountain Youth Clinics, one of Colorado’s largest safety net clinics and a national model for providing care to the uninsured. He continues to practice medicine there.

Dr. Wolk has received many honors, including Colorado Pediatrician of the Year, Denver Business Journal Healthcare Executive of the Year, and the 7News Denver Everyday Hero award.

Toni Woods

Toni M Woods, CCS, CPC is a nationally known speaker and educator with credentials from the American Health Information Management Association (AHIMA) and the American Academy of Professional Coders (AAPC). She has vast experience in inpatient and outpatient coding, compliance, billing and reimbursement. She has focused a lot of time in the past few years teaching public health organization across the country, on properly coding and billing for the services they provide and maximizing reimbursement.

Thank You

The Colorado Department of Public Health and Environment thanks the Foundations that helped to support this LARC Symposium.

- The Ben and Lucy Ana Walton Fund of the Walton Family Foundation
- Buell Foundation
- Caring for Colorado Foundation
- Chambers Family Fund
- The Colorado Health Foundation
- The Colorado Trust
- Community First Foundation
- The Community Foundation Serving Boulder County
- The Denver Foundation
- Global Health Foundation
- Kaiser Permanente
- Piton Foundation at Gary Community Investments
- Rose Community Foundation
- The Women's Foundation of Colorado

Thank you to all of the volunteers who shared their time and talent with CDPHE. We cannot do our work without you!

Colorado's LARC Success

CDPHE's Long-Acting, Reversible Contraceptive Project was created in 2008 to increase Title X clients' access to long-acting reversible contraceptives (LARC) and expand access to family planning services. More than \$25 million has been invested in this eight-year effort through an anonymous donor to remove barriers of these highly efficacious, but expensive methods of family planning. Title X agencies have developed local approaches for expanding family planning services that include increased family planning staff, expanded clinic hours, additional clinic sites, improved collaboration with local providers and community organizations, the purchase of equipment, improvements to clinical space and outreach strategies to inform potential clients. It was a game changer - successful beyond our dreams. The following was achieved from 2009 through 2014:

- The initiative provided over 40,000 low-cost LARCs to low-income women.
- The birth rate for young women ages 15 to 19 fell 48 percent.
- Birth rates among women ages 20 to 24 dropped 20 percent.
- The number of repeat teen births (teens giving birth for the second or third time, etc.) dropped 58 percent.
- The abortion rate fell 48 percent among women ages 15-19 and 18 percent among women ages 20-24.
- The use of LARCs increased from one in 170 to one in 15 among low-income women ages 15-24 in participating clinics.
- LARC use at family planning clinics participating in the initiative increased from 4.5 percent to 29.6 percent (Nationally, only 7.2 percent of women use LARCs).
- The number of Title X clients served in Colorado each year grew from approximately 52,000 to 68,000.
- Medicaid savings amounted to an estimated \$79 million over three years.

Contact Colorado Department of Public Health and
Environment's Family Planning Staff at 303.692.2301
or cpdhe_familyplanning@state.co.us



Map of Meeting Space



COLORADO
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